



Freestyle opens Feb.28

BY ED VEILLEUX

With just a few days left until doors open on Feb. 28, Freestyle is buzzing with activity.

Sarah Williams, Hannah Thompson and Eric Kingsley apply finishing touches to the store. Thompson, a history student, paints walls while Williams and Kingsley talk shelving logistics. The Beatles play from Kingsley's laptop, in the background.

The "free store" concept, brought about and implemented by Laurentian's Sustainable Earth Club, allows students (and the Laurentian community, as a whole) to drop off things they no longer have need of and/or pick things up. Up to this point, clothing and books have been the most popular items donated to the store.

Scanning the bookshelf, J.R.R. Tolkien's entire Lord of the Rings collection is among the books available.

Among the shirts, there is a vintage throwback Power Rangers t-shirt, a few dress shirts and a Radiohead shirt.

The store is in a chaotic state as of Feb. 23, as piles of clothing and random other goodies sit idly by (stuffed animals, anyone?), but most of the paint has dried.

Ideally, the store will be a welcoming environment, will have trilingual service (Ojibway included) and will help create a Laurentian community, Williams says. She is a part of the Sustainable Earth Club, is helping set the store up and will be volunteering her time to help it run.

"It's a student-friendly store,"



Photo by Ed Veilleux

Sarah Williams and Eric Kingsley pose in front of a freshly-painted wall inside Freestyle. The store opens Feb. 28.

Williams, a history student, says. "Students like watching movies and getting new outfits, but we don't have a lot of money. This affords the opportunity for that to

happen."

Williams, fresh off sleeping in a tent in the library (with Thompson) for Live-In for Literacy has been putting in

countless hours to get the store up and running by launch day.

There is no requirement for donation in order to take items, according to staff.

"It's not a mandatory, 'you have to donate' thing," Kingsley, a fourth-year psychology student, says. "You can just take something."

So far, the store has been overwhelmed by drop-offs and interested volunteers, according to Williams, but the store is still accepting more of both.

If all goes well in the last couple months of school, the Freestyle team is hoping to become a fixture for the student body and to expand into a bigger location.

"Eventually we'll want to expand," Williams says. "We already have so much stuff. Not 'eventually' as in the next three months, but maybe after next year's over if it becomes really popular, which we're anticipating it becoming. We'll (also) want to have a record of how much stuff goes out and comes in."

The store is located above the great hall, in the student centre beside the games room.

There will be a limit of three items per week for people using the store, but no limit to drop-offs.

Staff is hoping the store will be open Monday to Friday from 10 a.m. to 7 p.m., starting Feb. 28.

As seems proper for a store named Freestyle, there will be a freestyle rap contest as part of opening day festivities.

If the Feb.23 visit is any indication of what the store will offer to students, there will be a relaxing, conversational environmental, which encourages sharing and students helping students. And, maybe, a little more Beatles tunes.

eddy_veilleux@hotmail.com

2011 transit system changes

BY CALLAM RODYA

Two new initiatives will be changing the way transit operates in the City of Greater Sudbury this year.

The first is a new real-time online information system for transit users. Using their computers or web-enabled mobile devices, riders will be able to go online and access up-to-the-minute information on bus arrivals and departures, as well as locations.

According to Roger Sauvé, Sudbury's director of transit, who announced the new changes at a transit committee meeting on Feb. 14 at Tom Davies Square, the new information system goes far beyond the currently available information on bus



File photo

schedules and routes.

"It's going to be real-time," Sauvé said to the media. "As you refresh your web browser or your phone, it will let you know exactly to the minute what time the bus is going to get to your stop."

The new online initiative is currently undergoing testing. Because it is a web-based service, neither taxpayers nor riders will see a rise in the cost of transit services. The transit committee hopes to have the service up and running and available to users within two months.

Sauvé believes providing transit riders instant access to real-time information about bus routes will improve the city's service.

"It will change the way people take transit in the city," he said. "You can be in the mall and check exactly what time your bus is going to be at your stop."

The second initiative announced by Sauvé at the committee meeting is the

addition of seven new low-riding transit buses that he said would bring the entire transit fleet to total wheelchair accessibility.

"Right now, our Handi-Transit system is busting at the seams," Sauvé said to the media. "There's a lot of people on it and it's an expensive service to run."

He hopes the new buses will take some of the pressure off the Handi-Transit program.

"On every route we're going to have a low-floor, accessible bus," he said. "It will have a big impact on the way people can travel with accessibility."

The Feb. 14 transit committee meeting was the first held since the 2010 Municipal Election.

lambdaspotlight@gmail.com

Webmail or 'Webfail?'

Webmail has been the target of much frustration and anger in the halls of Laurentian.

Anyone who has used it for more than a few minutes will notice its cluttered layout. Webmail is, essentially, the caps-lock-crazy friend of the email services universe. There is no visible separation between messages, icons have little-to-no explanation and sorting through dozens of emails takes longer than reading Tolstoy's *War and Peace*.

So, why tackle Webmail as an issue?

Well, for those who deleted the email or those who don't check their Webmail account (gold star for those who do, and those who read it. Two star possibility here, people), Laurentian sent out results of a survey focussing on Webmail on Feb. 15.

Aside from the typical back-patting of an in-house survey (exclamation marks, performance is "good," etc.), some of the results brought about interesting topics for discussion.

Mind you, for a school boasting 9,000 (plus) students, hundreds of faculty and staff and dozens of organizations with their own Laurentian email accounts, 1,050 responses isn't a stellar accomplishment but it is a decent working amount to



ED VAILLEUX

adequately critique Webmail. Also note, out of the 1,050 respondents, roughly 92 per cent were students.

As far as account usage, 3 per cent of the respondents use Webmail as their only email (brave souls), 63 per cent use it for academic purposes only and 30 per cent use it along with other emails. That takes care of the lion's share of the "My Laurentian email account is" section. I would have answered "terribly cluttered in appearance and in need of a visit from 2011," if I had been given the option.

In the survey results, it's stated "85 per cent of LU students satisfied (with Webmail)." That's a false number. In

truth, 85 per cent of respondents (including alumni, staff and "other") are satisfied, and it's only out of those who responded, not the student body as a whole.

The survey found that 80 per cent of respondents are satisfied with Webmail's performance. This result is "good," according to the report. If one out of five people walked out of a restaurant dissatisfied or unsure of their experience, that could mean 20 per cent of customers wouldn't come back. That would be a troubling number for a business (but, see early comment on back-patting).

The functionality section of the report speaks volumes. Overall, 72 per cent of users are satisfied with the functionality and features of Webmail. That doesn't surprise me.

Webmail's largest shortcomings would arguably be its inability to keep someone logged in for more than 20 minutes without timing out and the lack of a checkbox beside messages.

To drive home that point, 10 per cent of people who commented on Webmail through the survey cited it was "missing a checkbox." As far as other criticisms received, people had an issue with the auto-deletion of emails after six months,

the auto address completion system, the lack of auto-saving username feature and the quick timeout.

Now then, all of that brings us to the sun coming up tomorrow (OMG, it's a metaphor).

In a section titled "The plan," Laurentian outlines steps to fix some of the complaints and criticisms.

Users will have a 5 GB mail box now, instead of a six-month period for keeping emails. All users have been upgraded to GroupWise 8, which has better performance and stability (according to the report). To deal with functionality complaints, Webmail will have a checkbox system and Webmail timeout will be pushed from the current 20-minute window to 30 minutes. Furthermore, usernames will be autosaved.

There is no window for completion of these tasks, but seeing as how they've already put us on GroupWise 8, one would think the rest of the changes are en route in a timely fashion. At least one can hope. Especially those (brave souls) who use Webmail as their only email.

The service can only get better from here, in my opinion.
eddy_veilleux@hotmail.com

'Slut:' what that four-letter word means

BY MERCEDES MUELLER
(THE FULCRUM,
UNIVERSITY OF OTTAWA)

OTTAWA (CUP) — "And then we went back to my place and fucked," the girl ahead of me in line at the coffee shop triumphantly declared, catching her friend up on the weekend's events.

"I can't believe you did that," responded the second girl, incredulously. "You're such a slut!" Both girls erupted into laughter as they grabbed their coffees and walked away.

What's wrong with this conversation? For starters, the fact that most of you silently thought "nothing" in response to that question.

The word "slut" is everywhere — be it on TV, scribbled across a bathroom stall or in our everyday conversations. Even the Canadian Oxford Dictionary has an entry for slut, yet the word has inconspicuously taken on a meaning greater than that which can be defined by a dictionary.

First used in the 14th century to refer to "a dirty, untidy or slovenly woman," the word slut has always been applied to women of low character, specifically those who exhibit questionable sexual behaviour — behaviour that doesn't conform to society's patriarchal expectations of a woman's sexual conduct.

But within our contemporary culture, where it's increasingly acceptable for a woman's sexual identity to exist outside of a marriage, what constitutes "questionable sexual behaviour" is unclear. Nonetheless, words like "slut" and "whore" are hurled at women, usually in an attempt to exert control over their actions.

You're a woman and you're open about your sexuality? Slut. You're a woman who enjoys having sex — be it within the confines of a monogamous relationship or as a career choice? Whore. You're a woman who has never had sex before, but just so happens to wear

shirts that say you do, indeed, have breasts? Skank.

When we consider the endless scenarios that render a woman a slut these days, it becomes clear that this word is used solely to shame a woman for expressing herself sexually. There's a notion that this act of slut-shaming — making a woman feel ashamed for being sexual or having one or more sexual partners — is a tool that can be used to compel a woman to alter her behaviour for the better.

Slut-shaming has been used to make examples out of "bad" girls to their peers, sometimes ending with severe consequences. In 2009, a 13-year-old girl from in U.S. sexted a photo of her breasts to a boy she liked, which was intercepted and circulated around her school and a nearby high school. The girl was forced to endure endless taunting by her peers, routinely being called a "slut" and a "whore."

When school officials were informed of these events, their

response wasn't to talk to the girl about what had happened, or to discipline the offending classmates. They suspended her from school for a week, an action that sends the message to students that calling someone a slut for exhibiting "slutty behaviour" is okay — that, perhaps, slutty girls deserve to be punished by their peers.

She hung herself less than a week after the suspension.

In 2007, a British man charged with the rape of a 10-year-old girl was given concurrent two-year and 18-month jail sentences, as opposed to life in prison. The judge felt he was faced with "a moral dilemma" in this "exceptional case" because the victim regularly wore make-up, strappy tops and jeans, making her appear at least 16 years old — as though somehow her provocative clothing trumped her right to consent — assuming a child is even capable of consent.

Cases like the above aren't isolated anomalies in our legal

systems. Rape cases are thrown out on the basis of the victim's appearance — how they dress, act and speak — while instances of sexual harassment in the workplace are overlooked because of the victim's sexual history. Women are constantly written off by their peers as worthless, irrelevant and less capable at the simple utterance of that four-letter word.

Next time you want to call a woman a slut, think about what you actually mean to say. Does the fact that she's open about her sexuality make her a slut, or is she just a liberal woman? Is the woman that fucked your boyfriend really a whore, or is your boyfriend simply a cheating asshole? Is that classmate wearing the low-cut top skanky, or is she just gutsy enough to wear something you could never pull off? It isn't until we stop being so loose with our word choice that the problems associated with this powerful vocabulary will begin to dissipate.



Lambda Staff and Information

News Editor
Ed Veilleux

eddy_veilleux@hotmail.com

Assistant Editor
Andy Veilleux

andyv92@hotmail.com

Arts & Entertainment Editor
Callam Rodya

lambdaspotlight@gmail.com

General Manager
V. A. Stranges

lambda@laurentian.ca

CONTRIBUTORS

Robert Beckett
Alison Burrell
Rob Howell
John Langdon
Ashley McGee
Megan teBogt

BOARD OF DIRECTORS

Ashley Thomson
Erik White
Ernst Gerhardt
Kristeen McKee
Philippe Bélanger-Leroux

PRINTER

Journal Printing

CIRCULATION

Lambda circulates 2000 issues throughout the City of Greater Sudbury and Laurentian University Campus.

Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student

levy by members of the Students' General Association/Association Generale des Etudiants, yet remains autonomous from all university organizations, both student and administrative.

SCE 301 Student Centre
Laurentian University
935 Ramsey Lake Road

Sudbury, ON P3E 2C6
(705) 673-6548
lambda@laurentian.ca
www.thelambda.ca

LETTERS:

Lambda reserves the right to edit content before we print it. Letters of a harassing, hateful or slanderous nature will be dealt with by proper authorities.

EXECUTIVE STAFF

Financial Director
Vacant

Counselling services 'essential' for students: professor

BY ANDY VEILLEUX

Study after study have been released detailing the rise of mental health issues in the current student population. Lambda ran an article in our Jan. 28, 2011 issue detailing a 2011 study about some troubling depression and suicide rates among North American students.

The Counselling and Support Services department was consulted.

Denis Lauzon, Manager of Counselling and Support Services at Laurentian, believes that the counsellors at Laurentian are over-worked.

"We far exceed the national average [of clients per counsellor], partially because we run a variety of programs. Some of the programs don't require a full one-hour session, which is the standard session length."

Lauzon has made his case to Laurentian about the need for more counsellors in order to improve the services offered.

"The University is aware we need more counsellors," Lauzon says.

"If a student is waiting to see Sally [Lavergne] or Mark

[Trottier], they are waiting two weeks."

Lauzon argues that while students needs for counsellors has increased, the amount of counsellors in his department have not followed suit.

"The client base was really small for the student population ten years," Lauzon says. "What has happened is the number of clients has increased, and we haven't kept pace with the number of counsellors."

Lauzon believes the current student generation is much different than the ones previous to it, which brings increased pressure to his department.

"We have this generation that has been on meds since a very young age, have been seeing counsellors for most of their lives, and when they get here they expect those services," Lauzon says. "So there's a lot more pressure on us to keep providing those services."

Trottier, a registered clinician in the department, also credits the rise in clients with the disappearing stigma with mental health issues.

"There's less stigma attached

to mental health as there was even three years ago," Trottier says.

"Now it's like having a broken arm, you need to get it fixed."

Lavergne, a registered social worker, says the counsellors see an average of six to eight students a day.

Laurentian student Tim Campbell makes use of the personal counselling services, and will also be using the career counselling following reading week.

Campbell has been happy with services he has received.

"I've had a completely positive experience," Campbell says. "My counsellor gets me and has only given me positive, proactive helps that translates into a more stress-free lifestyle."

Campbell argues the services are of vital importance to him.

"The services are monumental, because sometimes you need to talk to someone who can and is qualified to talk, and these guys are always here," Campbell says.

Campbell believes the wait time for a counsellor can be poor however, and that they are understaffed.

"These social services are

always backlogged and could easily use one or two more counsellors," Campbell says. "[I would recommend a friend,] but warn them about the wait time to see a counsellor."

Dr. Carol Stos, professor of Modern Languages, believes the services are integral for students.

"These services are essential for students," Stos says. "The fact that [the services] are on campus, offered free-of-charge, and with the utmost confidentiality is wonderful, but even more important is that the counselling students receive truly helps them cope with the problems and issues that affect not just their academic performance but their lives in general."

Stos has recommend countless students for the services, and believes they help students get back on track.

"I do not keep count of how many students I have recommended to the Counselling and Support services, but I will say a great many, especially during my time as vice-dean of Humanities and Social Sciences," Stos says. "I do not hesitate to recommend the services any time I feel a student

is in need of personal counselling, and the few times I have felt a student was in need of immediate attention, the counselling services has always responded to the emergency, despite their always-packed schedules."

Stos is worried what will happen if the University ever lost the services, and hopes the services will be strengthened in the future.

"I do not even wish to contemplate what would happen if we were to lose their services," Stos says. "I wish that the Counselling and Support Services had more resources and that there were more full-time counsellors available to our students."

Students that want to get in touch with the Counselling and Support Services are asked to email any of the counsellors. Lauzon can be reached at dlauzon@laurentian.ca, Trottier can be reached at mtrottier@laurentian.ca, and Lavergne can be reached at slavergne@laurentian.ca.

ay_veilleux@laurentian.ca

Universities trailing colleges: Demers

BY ANDY VEILLEUX

A 2011 report released by the Higher Education Quality Council of Ontario (HEQCO) points to how prevalent and significant work-integrated learning (WIL) is in Ontario's postsecondary education.

Work-integrated learning consists of placements, co-ops, and apprenticeships.

The study, titled Work-Integrated Learning in Ontario's Postsecondary Sector, found that both students and employers believe WIL is important for students' education. The study was prepared by the Academia Group's senior policy analyst Peggy Sattler.

Postsecondary institutions like WIL, because it strengthens links with community partners and enhances the institutions' reputations. Employers like it, because it gives them access to "highly motivated and creative students," according to the report.

According to HEQCO, almost a quarter of Ontarians with postsecondary experience participated in WIL, which is higher than any other province.

Dr. John Lundy, professor and former inaugural director of the School of Education, believes HEQCO is fulfilling part of their mandate with the study.

"[HEQCO's] mandate is to help with quality within post-

secondary education in Ontario," Lundy said.

Lundy was pleased to see the study focusing on WIL. He believes WIL is integral for certain programs, and the study highlights why.

Lundy believes there are some obvious and some not-so-obvious benefits for WIL.

"The obvious benefit is in programs that are typically within professional schools, such as nursing, teacher education, and social work," Lundy said.

"The not-so-obvious benefits are in programs like human kinetics, where one might think human kinetics is just about sports, but it's about a lot more than that."

Lundy argues that WIL is of crucial importance for the School of Education.

"In the School of Education, the work-integrated learning is the one that is valued the most by students," Lundy said. "It's the real-life practical experience that is a major part of our program, and we celebrate it."

Dr. Serge Demers, Director, École des sciences de l'éducation, believes Ontario's universities are trailing colleges with work-integrated learning.

"Post-secondary institutions have been doing work-integrated learning for years," Demers said. "[However,] the college sector has

had

much more experience with the work-integrated learning."

Demers also pointed to Laurentian's professional schools when discussing work-integrated learning, specifically the practica portion of their curriculums.

"These practica are a mandatory part of the programs, typically because the governing body has it as a requirement for certification or for program accreditation," Demers said.

Demers does not believe Laurentian has enough work-integrated learning outside of its professional schools.

"A few of the programs have a co-op placement, including the department of mathematics, but the present infrastructure at Laurentian is not there, or in its infancy," Demers said.

"This limits the number of such programs that can run at the university."

Lundy believes that not every program would benefit from WIL, and it is up to specific programs to decide if it would be of use to them.

"It's up to particular programs to look at WIL and decide whether or not there is a benefit to this particular approach towards education."

For the first phase of the study, visit hecqo.ca. ay_veilleux@laurentian.ca

Determined.

Like you.

You may not have done as well on your exams as you hoped, but with transfer credits from **Athabasca University**, you can pick up the classes you need to complete your degree. AU offers over 700 courses delivered online and at a distance, many with the flexibility of monthly start dates. Let AU help you finish your degree in record time.

Learn more at
www.athabascau.ca.

Athabasca University 

Multitasking has made us dumber

The overstimulated and underproductive generation

**BY MIKE AGUIAR
(THE SPUTNIK, WILFRID
LAURIER UNIVERSITY -
BRANTFORD)**

BRANTFORD, Ont. (CUP) — One January afternoon this year, my roommate found me reading in the living room. She asked, "Are you studying already?" I responded, "No, I'm just reading." I'll never forget the quizzical look on her face.

Yet, statistically speaking, her bewilderment at finding me reading actually makes more sense than my enjoyment of the written word. Our generation simply doesn't read. The average 15-24 year old spends an average of eight miniscule minutes a day reading.

The culprit for this literary phobia is multitasking. Multitasking has ruined our entire generation's attention span. These sentiments are mirrored in Mark Bauerlein's book, *The Dumbest Generation: How the Digital Age Stupefies Young Americans and Jeopardizes Our Future*.

Bauerlein, an English professor at Atlanta's Emory University, argues that the instantaneous nature of technology has all but

ruined this generation's ability for serious, contemplative, linear thought. The result is a "brazen disregard for books and reading."

In theory, the Internet provides a seemingly endless resource for education, learning and political action, yet that is precisely the opposite of what we usually use the web for.

"The ignorance is hard to believe," writes Bauerlein. "It isn't enough to say that these young people are uninterested in world realities. They are actively cut off from them."

It appears that most university professors would side with Bauerlein. A study conducted in the United States by The Chronicle of Higher Education found that only six per cent of university professors say students today enter their classrooms "well-prepared" in writing. Well, no shit! Writing requires serious, contemplative, linear thought. It requires the ability to think about a topic and then expand that thought into a logical argument.

What professors see in the essays of today's university students are a series of disjointed paragraphs without any

coherent flow. This is because once a student has completed a paragraph, they're compelled to log onto Facebook and "like" a picture of their friend flexing his muscles in a "Tapout" tee.

Certain friends of mine write all of their essays in groups of four or five while sitting together at a table. These essays are written while instant messaging, looking at pictures on Facebook and gossiping amongst themselves. Group writing didn't work for the American Constitution, and it doesn't work for essays.

Still, I used to think that multitasking was a talent that they possessed and I simply did not. After all, this very rant you're reading was composed while I was locked in my bedroom for two hours with three cups of coffee. In reality, my friends at the "essay round table" probably don't possess powers of multitasking either.

According to the online journal, *Psychonomic Bulletin and Review*, 2.5 per cent of people can multitask without performing worse at either task. This 2.5 per cent have been dubbed "supertaskers." I

doubt the average student that simultaneously uses her laptop to both take notes and look at pictures of celebrities without their makeup falls into this slender minority.

Nowhere are the disturbing realities of the multitasking

generation more prevalent than in the classroom. Specifically, that dreaded silence when a professor asks a simple question and all the students' eyes are glued to their own computer screens.

We are a generation whose drug of choice is multitasking and we refuse to kick the habit.

UBC DAP

The gateway to accounting

**Accelerate your future with the
Diploma in Accounting Program (DAP)
at the University of British Columbia.**

DAP prepares university graduates with limited or no training in accounting for entry into a professional accounting designation (CA, CGA, CMA or CPA in the US).

Application Deadlines

May start: Feb 1 (International applicants)
Mar 1 (Domestic applicants)

Sep start: Jun 1 (International applicants)
Jul 1 (Domestic applicants)

Courses now available online

Find out how DAP can accelerate your future.
Visit www.sauder.ubc.ca/dap



SAUDER
School of Business

Opening Worlds

THE UNIVERSITY OF BRITISH COLUMBIA

Sustainability week at LU

BY CALLAM RODYA

From Monday, Feb. 28 to Mar. 4, the SGA is sponsoring Sustainability Week around the Laurentian campus.

Each of the four days of the event will focus on a different aspect of sustainability.

Monday's theme is "Sustainability and You" and begins with the grand opening of the new Free Store at 8 a.m. in the Student Centre. Then, the LU Coffee Club will host a bake sale in the library rotunda until 3 p.m.,

followed by a presentation on fair trade.

Tuesday's theme is "Working Towards Tomorrow: Green Jobs and Energy." From 11 a.m. to 2 p.m., the Alumpi Hall will host information booths and movies.

Wednesday's theme is "Be the Change" and features a marathon of sustainability documentaries in the library rotunda starting at 11 a.m. The documentaries include *Blue Gold: World Water Wars*, *The Story of Stuff*, *The Dark Side of Chocolate*, and *Refugees of the*

Blue Planet. At 5 p.m., *Black Gold* will screen in the Student Centre followed by *Fast Food Nation*.

Thursday's theme is "Abundance for All: Food Sustainability, Education & Networking." The Great Hall will feature information booths from 11 a.m. to 2 p.m. A presentation, "Cooking Vegan on a Budget", will be given in room L-239 at 7 p.m.

For more information, visit lutspp.ca.
lambdaspotlight@gmail.com

NATIONAL SURVEY ON STUDENT ENGAGEMENT (NSSE)

YOUR OPINION MATTERS!

Verify your GroupWise account for a message from President Dominic Giroux inviting you to participate in the 2011 NSSE. Survey results will help Laurentian University establish priorities to improve the overall university experience of its student population.

By participating in this survey, you will have a chance to win ONE OF TWO iPADS.

Only first-year students and graduating students are eligible to participate in this survey.

For additional information, please visit the NSSE site at www.nsse.iub.edu or contact Claudette Lemire at ext. 3930 or by email at clemire@laurentian.ca.

 **Laurentian University**
Université Laurentienne



Classics and theatre collaborate at Thorneloe

BY CALLAM RODYA

When people think of classical theatre, generally the first thing that comes to mind is the work of Shakespeare. Others might reference Moliere, or even far more recent writers such as Chekhov or Ibsen.

However, the true classical theatre has its origins in the Greek and Roman Empires, where the theatre was actually born.

Now, a new co-production between Thorneloe Theatre Arts and the Thorneloe Classics Department aims to take audiences all the way back to the Second Century, BC with *Menaechmi* by the revered Roman playwright Plautus.

Performed at the Alphonse Raymond beginning Wednesday, Mar. 2, *Menaechmi* is widely considered to be Plautus' greatest work. It is a comedy about mistaken identity involving a set of twins, Menaechmus of Epidamnus and Menaechmus of Syracuse, and is said to have inspired two of William Shakespeare's works: *The Comedy of Errors* and *Twelfth Night*.

This is the second "classics play" mounted at the Alphonse Raymond in as many years. Glenn Paquette, a Thorneloe classics student and the show's producer, organized the annual production and was the one who picked the Plautus comedy.

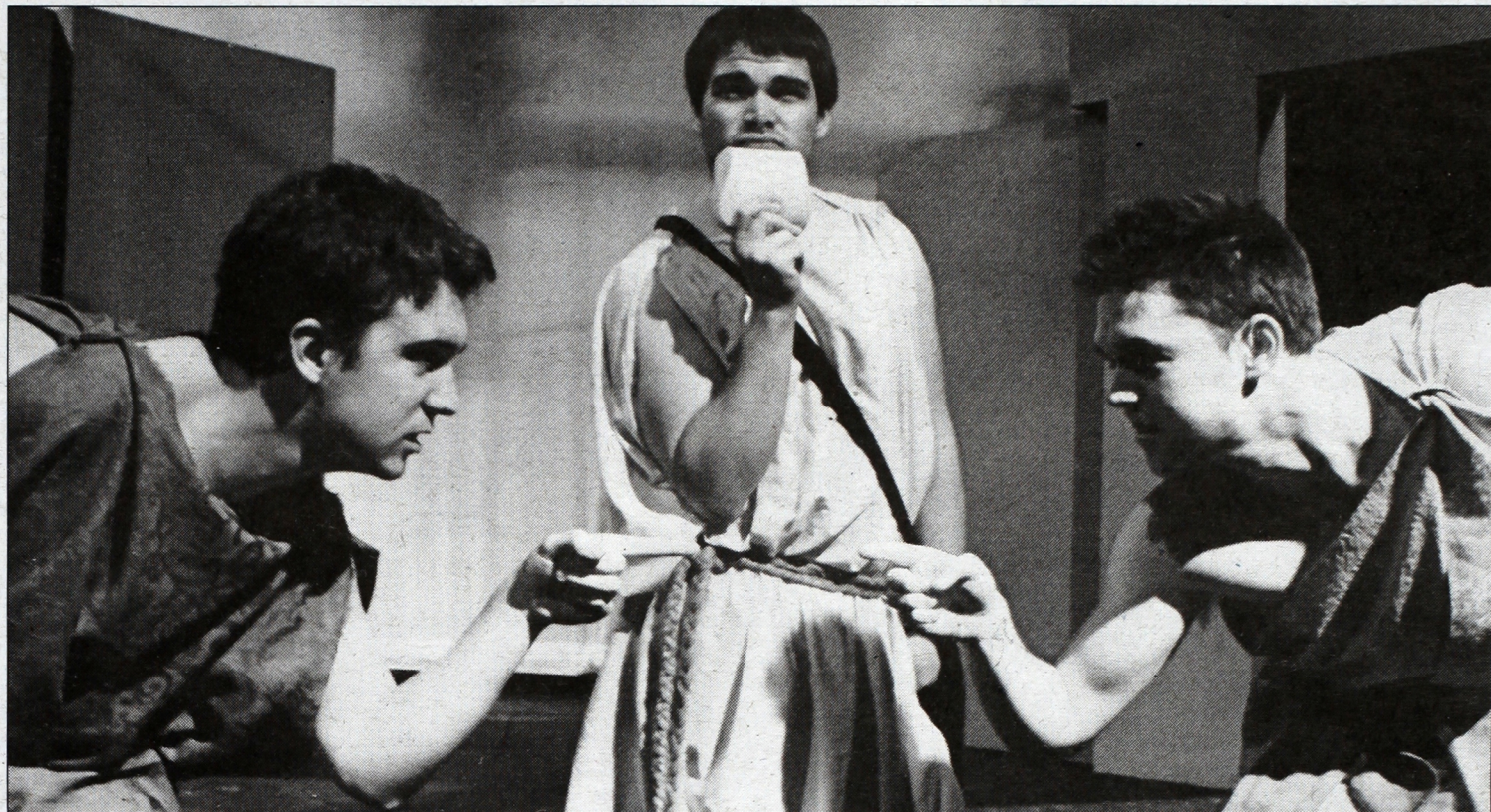
"Last year, we did a Greek play," said Paquette. "This year, we thought we'd do a Roman play by one of the most famous Roman authors. However, I wanted to stay away from some of his most well-known plays. This was sort of the funniest play I could find that wasn't overly-done already."

According to Paul McGilvery, another organizer and the assistant director on this production, Roman comedies are far less political than their Greek counterparts and instead focus much more on just being funny.

"I kind of think of the Greek comedies as *Air Farce*," said McGilvery. "This one is much more of an every-day humor."

The idea behind this particular production is to try and recreate the experience of seeing a show in the Roman period while still keeping it accessible to the modern audience. Initially, it was a challenge for the show's director, Thorneloe theatre professor Jenny Hazelton.

"I have a very minimalist and sort of an eclectic approach when I do my own work so I was a bit concerned about being so structured and specific about how it was supposed to be done," said Hazelton. "But it ended up being a really cool experience because it's actually very theatrical."



Photos by Callam Rodya

(Top, from left:) Stephane Marcoux, Nick Barbeau, and Jake McNeil in rehearsal. (Bottom, from left:) David Alexander, Jake McNeil, and Paul McGilvery in rehearsal.

"We're towing the line between modernity and the stock characters of ancient times," said McGilvery. "We're towing the line between trying to keep things a little bit period, just enough to give a flavor of what a Roman audience might have been seeing while keeping it accessible and funny to a modern audience."

Hazelton is grateful to have two classics majors guiding her along as she directs.

"Paul and Glen are kind of the overseeing eye in trying to keep it as structured traditionally as it should be," she said. "They're sort of like my dramaturgs."

Though written in the second century, the production team agrees that the humor is just as relatable today.

"It's just timeless - sex and money, things that never change," said McGilvery.

"The material is very bawdy with lots of bathroom humor, like what you might see in modern sitcom television," said Hazelton.

For the actors, the biggest challenge is performing an entire show in traditional Roman-style masks.

"You need to have a constant awareness of where you are spatially, because it's not easy to see in the mask," said Jake McNeil, who plays Menaechmus of Epidamnus. "You need to be aware that your mask is facing out to the crowd, that you're projecting through the mask."

"It's a whole other way of performing physically on stage," said Hazelton. "The way you move, the way you act and react, it's much more in the body than in the face."

"There is no facial expression because of the masks so

everything needs to come from the arms and the body," says Stephane Marcoux, who plays Menaechmus of Syracuse.

It makes for a much bigger, more physical style of performance.

In addition to the masks, the actors all wear togas, and not much else.

"It's very liberating," said McNeil. "It makes for interesting movement on stage because you don't want your 'stuff' to sprawl open."

On the other hand, one defining costume piece of the Roman theatre has been cast aside for this production.

"All the males would have been wearing leather phalices," laughs McGilvery. "We haven't done that."

In keeping with Roman tradition, the cast is made up exclusively of men. For David

Alexander, making his stage debut comes with some added perks. He plays Charlene, the wife of Menaechmus of Epidamnus.

"It's awesome," he said. "I get to have boobs and a crazy voice, and I get to just play around."

Of course, in the end, this production is trying to recreate the experience of being a Roman audience member.

"This is probably the closest you can get to the experience of what the traditional production would have been like," said Paquette. "Even the stuff they do in Europe is very modernized. We want people to heckle. We want people to show up in togas. We want to create as authentic experience as we can."

Director Hazelton doesn't want anyone to be scared off by a classical production.

"We often think of antiquated material as boring, but really

we're no different today than we were in the Roman times in terms of the things we find funny, and the sexuality," she said.

"It's fun," said actor Nick Barbeau. "It's not something you might normally do, so why not? People are always saying 'I want to do something different.' Well, come see a show."

Plautus' *Menaechmi* is performed Mar. 2, Mar. 4, and Mar. 5 at 8 p.m. Tickets are \$8 for students and \$10 for the general public, but if you wear a toga, it'll only cost you \$5. All tickets are available at the door.

"You read a lot of this kind of stuff in theatre and in literature, but you don't really get to see it," said Hazelton. "There's something to be said for actually seeing it."

Visit TheLambda.ca for video clips and additional photos from a rehearsal of *Menaechmi*.

lambdaspotlight@gmail.com



Skin Flick bares all at STC



Photo by Callam Rodya

Jamie Williams (left) as Byron and Maria Dinn as Jill in Skin Flick.

BY CALLAM RODYA

Norm Foster is routinely called Canada's preeminent comedic playwright. So it's no surprise his latest work, *Skin Flick*, would find its way into the Sudbury Theatre Centre's 2010-2011 season.

There's an added bonus, however. Foster himself stars in the new play, a co-production between Theatre Orangeville and the STC.

In *Skin Flick*, Rollie and Daphne, a middle aged couple, have to find a way to make some money and hold on to their house. A mistakenly-rented porn DVD gives them an idea. Why not make their own "skin flick" and reap the financial windfall?

With the help of a good

friend, Alex (played by Foster), a fledgling actress and a mild mannered bookie, Daphne and Rollie try and save themselves from financial ruin.

The play is vintage Foster, with great physical, visual and verbal comedy but also with very touching and revealing moments that deal with intimacy, compassion, and how people's ideas of what is right and wrong can be swayed by the lure of money.

"The title of the play really doesn't tell you what the play is about," said Foster. "It's really a romantic story about a couple that's been married for about 30 years. They're very much in love but they're down on their luck.

And it's about these five people who come together but are completely out of their element."

Foster doesn't remember where the idea for the play came from.

"I think it actually started with the title," he said. "I thought it was a neat title for a play so I started thinking about it and it took off from there."

Generally the man behind the words of the play, Foster is finding himself acting more and more these days, doing about three shows a year.

"Usually, I just stick to the writing, but I enjoy getting up on stage," he said.

The *Skin Flick* cast includes the artistic director of Theatre

Orangeville, David Nairn, paying Rollie, Susan Greenfield as Daphne, Maria Dinn as Jill, and Jamie Williams as Byron.

The play is directed by Walter Learning.

Skin Flick runs at the Sudbury Theatre Centre until Mar. 6. Visit sudburytheatrecentre.on.ca or call (705) 674-8381 for tickets and

show times.

For Foster, the idea of making your own *Skin Flick* might not be for everyone, but could be sound financial advice for some.

"I think, in today's economy, we should all maybe give this at least one try," said Foster. lambda@spotlight@gmail.com

Masking the actors



Unfinished masks for the play, *Menaechmi*. Full story on page 5.

Photo by Callam Rodya



Why are these students so happy?

Because they can rent from us*

*SOME CONDITIONS APPLY. CONTACT LOCATION FOR DETAILS.

SPC STUDENT PRICE CARD HOLDERS CALL FOR SPECIAL RATE.

LOCATIONS ACROSS CANADA

ONTARIO	TORONTO
Gormley 905-717-8998	(Bathurst-Steeles West) 647-300-9864
Mississauga 905-362-0274	(Centre) 647-343-5875
Oakville 289-291-0172	(East) 416-462-0085
Petawawa 613-687-7110	(West Central) 416-536-3744
Port Perry 905-982-1177	(North Central) 416-241-0003
Scarborough 416-755-7757	(North York West) 416-635-1717
Sudbury 705-671-6111	(Rexdale North) 416-640-0288
Thornhill 647-448-2558	(Steeles) 416-645-0047
Vaughan 905-695-0550	(Weston) 647-436-5876
Wallaceburg 519-627-2739	

QUEBEC

Montreal 514-484-3871

Laval 450-962-6000

DRIVE A GOOD BARGAIN.

SINCE 1976, PRACTICAR® AND RENT-A-WRECK® HAVE RENTED, LEASED AND SOLD CLEAN, DEPENDABLE USED CARS, TRUCK AND VANS FOR LESS.

Call 1-800-327-0116 or visit: PractiCar.ca or visit: Rent-a-wreck.ca

RentA Wreck
Car & Truck Rentals

Oscar picks and predictions

FROM THE MELIORIST (UNIVERSITY OF LETHBRIDGE)

LETHBRIDGE, Alta. (CUP) — This may be one of the finest crops for the Academy Awards we've seen in years.

With big budget productions that actually focused on creating an interesting storyline rather than another rehashing of the Pocahontas story — yep, I'm talking to you, Avatar — we can truly say we've enjoyed every film that received a nomination in the major categories this year.

So with no clear winners in sight, the awards show might be a surprising night this year. Of course, that didn't stop the The Meliorist's entertainment writers from making their predictions. Here are our choices for this year's Oscar winners and the reasons why.

ACTOR IN A LEADING ROLE

Hala Zabaneh: No question, I pick Colin Firth. He embodied his character with pure humility; therefore he deserves to win every award he is nominated for this year. Although, I do believe James Franco and Jesse Eisenberg's nominations are well earned. They did step up to the plate and deliver surprising performances. But is that enough?

Mitchell Dyer: Jesse Eisenberg's wry wit in The Social Network is one of two Leading Actor Oscar-nominated performances I've seen, and as much as I love Jeff Bridges in True Grit, the Mark Zuckerberg characterization was brilliant and unexpected. Eisenberg rocked in Adventureland and Zombieland, but this was some straight-up acting.

RJ Balog: If you've seen the movie you'll know why. Firth gives the performance of his career and delivers a great interpretation of the struggles of King George VI.

Tyler Stewart: I loved to hate Eisenberg's character, too, but if they don't give it to Colin Firth after that performance, you'll see riots.

Winner: Collin Firth for The King's Speech

ACTRESS IN A LEADING ROLE

MD: For the first time in her life, Natalie Portman played a character with some character in Black Swan. Nina Sayers' character arc is one of my favorites in film. Portman grows defiant, strong and sexy before finishing the film with one of the most convincing character metaphors I've seen.

RJ: Portman's transformation from innocence into indecency is unforgettable and haunting. Her performance leaves a lasting mark on you.

HZ: Whether I like it or not, Natalie Portman will win this Oscar. Lucky for me I do agree, she did outdo herself in Black Swan. This is the first film where I saw her as the character instead of the actress, so she deserves to

win just for that unexpected leap.

TS: Ditto — there's no debate on this one.

Winner: Natalie Portman for Black Swan

DOCUMENTARY (FEATURE)

RJ: Exit Through the Gift Shop made by now infamous street artist Banksy, this documentary has been getting global praise at film festivals and seems like the logical choice for the win.

MD: I dunno, Banksy's a pretty cool dude, but I didn't see his movie. Whatever. Exit Through the Gift Shop!

TS: Banksy's film kicked so much ass, plus it has exposed people to the awesomeness of street art. This film twists the term documentary completely around on its head — an obvious winner.

Winner: Banksy and Jamie D'Cruz for Exit Through the

Gift Shop

DIRECTING

MD: Darren Aronofsky isn't a filmmaker I've followed, but his fantastic direction of Black Swan is well worth the win. It takes a hell of a lot of work when you've got something as psychologically weird as this, and Aronofsky aced it.

RJ: David Fincher for The Social Network. This year's Golden Globe winner is more likely to take home Best Director in the occurrence of losing Best Picture. Not to short change Fincher though, he's made some timeless classics — Fight Club, Se7en, The Curious Case of Benjamin Button. Fincher is due for a win.

HZ: I would choose Christopher Nolan, but he was snubbed. If it weren't for Inception's Best Picture nomination, I would have

abandoned this category. So, my choice is split between the next best directors: David Fincher and Darren Aronofsky. However, David Fincher did step out from his usual technical direction, so he does deserve the win.

TS: Aronofsky's direction was staggeringly good in a very difficult film and is my definite pick, but I'm pretty sure they'll hand it to Fincher.

Winner: David Fincher for The Social Network

BEST PICTURE

RJ: Though I'd love to see Black Swan take home the night's big one, it just seems like the logical choice is The King's Speech. Even with The Social Network being the front-runner until late, the Academy is now infamous at picking the "made for Best Picture film," even when it seems the wrong decision.

HZ: In my opinion, Inception

is the best example of what a film should be. Great characters, great cast ensemble, great soundtrack, great visual effects, great cinematography, great sound editing and an out-of-this-world script!

MD: Black Swan surprised me in a way I fully wasn't expecting, and it nudged Inception out of the top spot for my favorite film. I've never seen such an emotional reaction to a film in my life — the friend I was with threw his Coke cup at a wall as we literally shouted outside about what the hell we just watched.

TS: It's going to be The King's Speech this year — for Colin Firth, for a great storyline, for tackling some interesting subject matter and for being a great film.

Winner: The King's Speech

\$29⁹⁵
\$tudent pricing

For just \$29.95, walk in with your taxes, walk out with your refund. Instantly. You'll also get a free SPC Card to save big at your favourite retailers.*

**maximum
refund****
free SPC Card

we make taxes easy

H&R BLOCK®

Follow us on Twitter and Facebook

hrblock.ca

© 2011 H&R Block Canada, Inc. *\$29.95 valid for regular student tax preparation only. Cash back service included. To qualify for student pricing, student must present either (i) a T2202a documenting 4 or more months of full-time attendance at a college or university during 2010 or (ii) a valid high school identification card. Expires December 31, 2011. Valid only at participating H&R Block locations in Canada. SPC Card offers valid from 08/01/10 to 07/31/11 at participating locations in Canada only. For Cardholder only. Offers may vary, restrictions may apply. Usage may be restricted when used in conjunction with any other offer or retailer loyalty card discounts. Cannot be used towards the purchase of gift cards or certificates. **If H&R Block makes any error in the preparation of your tax return that costs you any interest or penalties on additional taxes due, although we do not assume the liability for the additional taxes, we will reimburse you for the interest and penalties.

WHAT'S THE REAL COST OF CONTRABAND?
QUEL EST LE COÛT RÉEL DE LA CONTREBANDE ?

Buying contraband cigarettes costs more than you think. It fuels other criminal activities, such as the trafficking of drugs and guns. Individuals caught in possession of contraband cigarettes face serious consequences ranging from a fine to jail time.

contrabandconsequences.gc.ca

L'achat de cigarettes de contrebande coûte plus cher qu'on le pense : il alimente d'autres activités criminelles comme le trafic d'armes et de drogues. Les individus pris en possession de cigarettes de contrebande s'exposent à de graves conséquences, allant de l'amende jusqu'à l'emprisonnement.

consequencesdelacontrebande.gc.ca



Government
of Canada

Gouvernement
du Canada

Canada

Dominic Giroux is Dr.Strange

BY ANDY VEILLEUX

Choosing a super hero avatar for Dominic Giroux was a difficult task.

Giroux wears many different hats around the university, and represents many different aspects of the University, as any president does.

If you ask ten different people around campus, you're likely to get ten different responses.

To some, he will be 'the man,' the face of the University. To some, he will be the counsellor, the person they ask for guidance and advice. To others, he will be that happy guy in the office, the one who is always walking around with a grin.

With all this in mind, we decided to make his avatar someone who doesn't wear a hat at all, but is one of the integral characters in the Marvel Universe.

Dominic Giroux is Doctor Strange (think Harry Potter's suave, honest and powerful uncle).

Doctor Strange is one of the most powerful figures in comics. He is the Sorcerer Supreme, which means he controls how people use magic, and governs who gets access to magic, in a sense.

Giroux, like Dr. Strange, has a tendency to take unorthodox approaches to real-life problems. He is quick to wipe out the ol' spell books, and conjure up solutions many had never thought of.

He casted the long-forgotten, and unused spell (which has not been used in Canada for over 40 years) known as "build a School of Architecture."

Giroux, like Dr. Strange, also appears to be able to teleport magically between Laurentian sports games, arts events, and social gathering all in

the same night. Trust me, I've seen it happen.

Giroux also has a way of making the "white tower" of academia seem human, which is no easy feat. He has a way of boiling the most complex, and seemingly magical inner-working of the university, into easy to digest facts.

His ability to reply to Facebook messages and texts is also inhuman. I've often send Giroux a message and had a reply waiting for me within minutes. This is a testament to his magical awareness.

Like Dr. Strange, Giroux can surely take the kid gloves off if necessary. When the Hulk was rampaging uncontrollably through New York City, many of Marvel's most powerful characters were taken down. The likes of Spider-Man, Captain America (sorry Chris), Sentry, and the Avengers were taken down in no time.

Then came Dr. Strange. He surveyed the situation, like Giroux surveys a budget or report, and initiated a highly-advanced plan to take down the Hulk.

Before long it was time for "Strange Smash," and the Hulk fell.

Like Dr. Strange, he is more apt to use cunning, mutual-respect, and intelligence to solve problems and get things done.

He is also not uncomfortable rubbing shoulders with the big boys. Strange frequently teams up with the other great minds of the Avengers, similar to how Giroux works with his executives. Strange is also now a member of the Avengers, and works with them how Giroux works alongside his staff.

Did I mention he's now partnered up with Captain America and Hawkeye? ay_veilleux@laurentian.ca

Illustrations provided by Marvel Comics

Dr. Strange is Marvel's most-renowned magician.



Season over for Laurentian b-ballers

BY ANDY VEILLEUX

Laurentian Voyageur's basketball team made it into the play-offs against this season, while the Lady Vees missed the play-offs by four points.

The Voyageurs lost a hard-fought to the Ottawa Gee-gees Wednesday 83-77. The game was an up and down affair, which saw the lead jump back and forth between teams.

The Gee-gees outscored the Voyageurs 26-13 in the first. The Voyageurs passed the Gee-gees 42-39 going into the half, by outscoring them 29-13 in the second.

The Voyageurs failed to build on the strong second half by being outscored 30-15 in the third. The boys managed to out-score their opposition 20-14 in the fourth, but it was not enough.

Mike Hull led the Voyageurs with 18 points and nine rebounds. Shavaan Sheldon and Isiah Pasquale added 17 points each in the loss, while Pasquale also added nine rebounds. Manny Pasquale also contributed 15 points for the boys.

Ottawa was led by Warren Ward, who dropped 24 points, and Louis Gauthier, who added 21 points.

The Voyageurs finished with the best regular season finish in the past six years, although there is still progress to be made.

That being said, the team has hope for the future. None of the players have used up all five of their years of eligibility, and therefore everyone can return next year.

Rookie Shavaan Sheldon averaged 6.7 points per game and pulled down 101 rebounds in his rookie season. Standing at 6'09 and 260 pounds, the rookie from

Capetown South Africa will be looking to build on his productive season.

Sophomore Manny Pasquale led the team with 59 assists in only 18 games played. He also averaged 15.8 points per game this season.

Laurentian will also look forward to the development of rookies Tychon Carter-Newman, who brings a lot of flair to the court, and the big-bodied, hard-working duo of Eric Ducharme and Jeff Plunkett.

The boys should be able to have an even stronger year next season, and look to climb further up in the standings.

This is the first year the women's team has failed to make the play-offs in a long time as the Vees have become something of a powerhouse in the East.

The Vees have posted winning records in five of their last six seasons preceding this one. The only exception being a 10-12 season in 08-09, which still saw them make the play-offs.

The team is in a rebuilding year, and some bumps and bruises are expected come as a result.

The team is incredibly young, as a majority of the roster is made up of rookies.

Emma Decloe led the rookies with 132 rebounds, which was second on the team. Decloe also posted a free throw percentage of 81.5 per cent, which was the best on the team.

Rookie Erin Simpson was also impressive in her debut season with the Lady Vees, posting 7.2 points per game. Simpson shot an impressive 32.8 per cent from behind the arc, which was good for first on the team from players who shot more than 20 three-pointers.



Photos by Andy Veilleux

Tychon Carter-Newman blocks Warren Ward in action against U of Ottawa (top). Lady Vees Coach Mike Clarke argues a call with a referee (bottom left). Lady Vees rookie Erin Simpson shoots a free throw (bottom right).

Mary Scott was also an impressive rookie 37 per cent from the field, good for second on the team, and 36.8 per cent from the limited three pointers she put up. Scott also added 63 rebounds

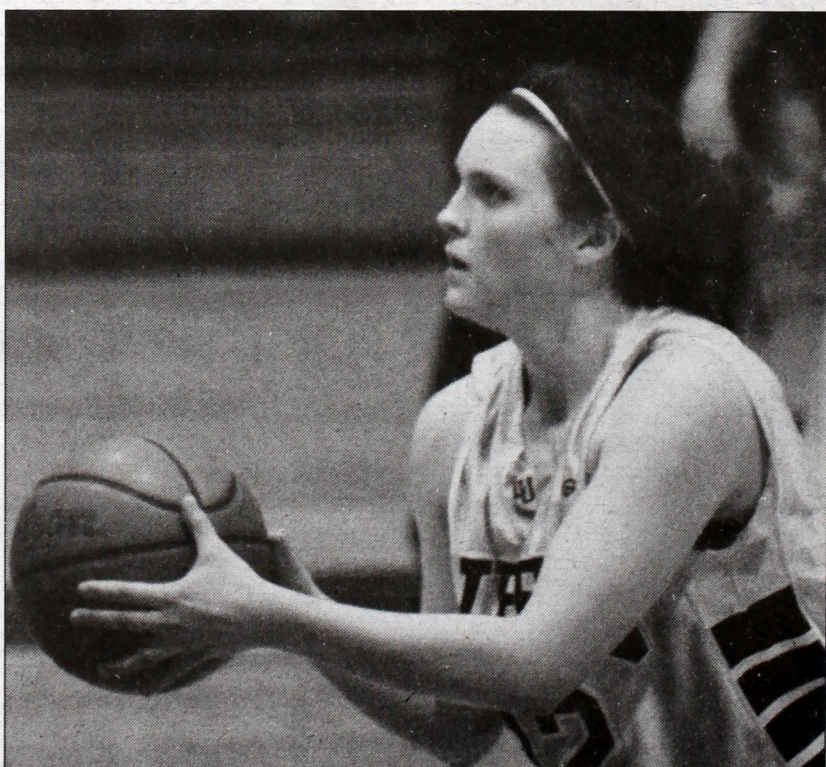
for the girls.

It will be interesting to see how the Lady Vees bounce back after this tough, unfamiliar season.

With so many rookies looking to break out, I imagine the

girls will be in the playoffs next year, and a team that could be contending for a potential OUA championship in two years.

ay_veilleux@laurentian.ca



Intramural Sports recap

Wilderness snowshoeing: big hit at Laurentian

BY ASHLEY MCGEE

This year's Wilderness Snowshoeing Intramural was a great success! The cancellation of the first event day due to extremely cold weather only amped up our snowshoers for the second event day resulting in much enthusiasm from everyone who participated. On the second day students participated in a game that required them to pack down the snow with their snowshoes and make snow angels. They also enjoyed a rugged walk to the tallest point on the Laurentian Conservation where we got to enjoy the beautiful scenery. On the way back to the LU Outdoor centre the students were tested in their snowshoeing skills by climbing down a very steep hill and then back up an even steeper incline! On arrival to the Outdoor Centre the students were greeted with hot chocolate, banana bread and additional snacks and refreshments. Prizes for the event were generously donated by Lasalle Uniform, Aramark and the Department of Active Living.

A special thank you goes out to everyone who participated and helped to make this event run smoothly and successfully!

Intramural cardboard boat races

BY ALISON BURRELL

On February 4th, a group of adventurous Laurentian University students made a splash in the Jenó Tihanyi pool. Laurentian's first Intramural cardboard races, Super Splash, got off to a wet start as five teams raced their cardboard creations to win some great prizes. Spectators looked on as the announcer, Thomas Hums, handed out prizes to those who could answer his skill testing nautical questions.

As heats started the teams' building skills were put to the test in a 50 meter paddling race. S-men in a Boat took a dramatic dunk and won the "Most Spectacular Sinking" prize, claiming a free rowing lesson from the Laurentian Rowing Team. The Water Logs, the SHKSA team and the Sculling Pair soon followed. Two surviving teams: Lotta Junk and Team B- Hammocks, battled each other for first in the final race. Despite a soggy start, Team B-Hammock finished first with a time of 1 minute 26 seconds, closely followed by Lotta Junk at 1 minute 38 seconds. The Sculling Pair claimed third place for being the longest surviving team in the heats, lasting 35 seconds.

Guest judges Sam Pitzel, Renee Lauzon and Kathryn Piche watched the teams to determine the most enthusiastic, and creative competitors. Participants rewarded were: Lotta Junk who took "Best Decorated Boat" and the B-Hammocks claimed "Best Dressed Crew" in their Banana suits. In the stands Shannon Thompson and Cynthia Hurley won the spectator door prizes generously donated by Golf Town.

After all the participants were shipped wrecked there was one last dash for prizes in a "Soggy Dog Race." Two members of each team swam in tandem holding onto their partner's ankles in a 25 meter dash. It was a tight race, but Two S-men in a Box won claiming the "Soggy Dog" title.

Through the generosity of the participants and the spectators, Super Splash was able to collect 33 cans and some cash donations for the Laurentian Residence food bank. We would like to send out a big thank you too our sponsors: Caruso Club, Bell, Home Hardware, Shoppers Drugmart, Ramakko's, as well Sudbury Boat and Canoe kindly contributing prizes. Also thank you to those who were involved in the event through volunteering, judging or participating.

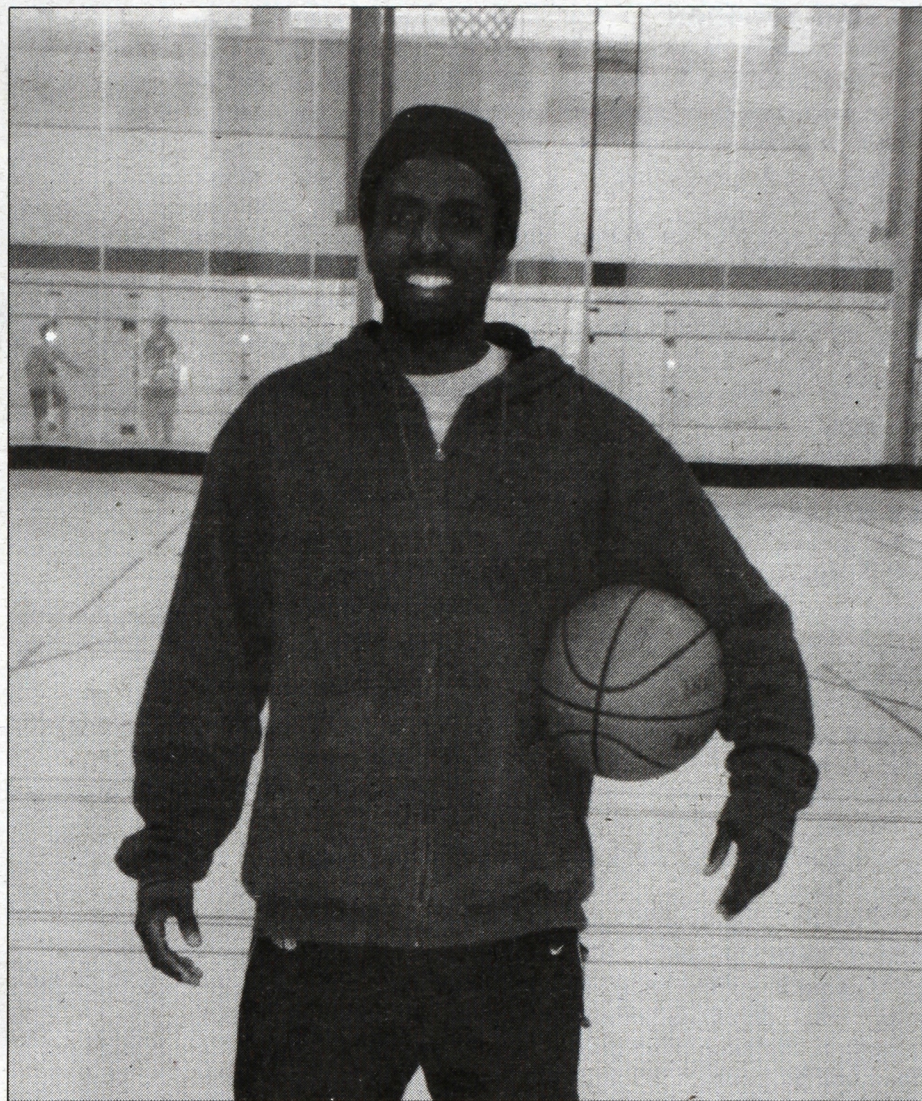


Photo supplied

Ben Blanc volunteers as an official in the intramural program at Laurentian University.

The people who make it happen: Laurentian University sport profile

BY MEGAN TEBOGT

Ben Blanc is a fourth year Computer Science major hailing from Scarborough, Ontario. Ben is one of our amazing officials a part of the Laurentian University Intramural program. His experience, knowledge and dependability have made him an essential part of the Department of

Active Living Intramural team.

Ben aspires to one day be a computer programmer. Over the years he has been involved in various sports from basketball, football, rugby, volleyball, track and field and cross country. Hobbies of his include playing sports, working out and reading. His favorite part of Laurentian Intramurals is seeing the competitive atmosphere of the student body.

On behalf of the Department of Active Living we would like to thank Ben for his hard work and dedication!

Fit for Heart Walk approaches

BY MELANIE BOULAY

Walk a little and give a little for healthy hearts!

According to Statistics Canada (2004), "Every 7 minutes in Canada, someone dies from heart disease or stroke" (Cited in Heart and Stroke Foundation, 2008). Also, nine out of ten Canadians over the age of 20 have at least one of the risk factors for heart disease or stroke which include smoking, alcohol consumption, physical inactivity, obesity, high blood pressure, high blood cholesterol, and diabetes (The Heart and Stroke Foundation). Yet, statistics show that 47% of Canadians remain inactive and 63% of Sudbury residents are overweight or obese, putting themselves at risk of heart disease and stroke (The Heart and Stroke Foundation).

Thankfully, it is easy to make a difference to your health. The new

Canadian Physical Activity Guidelines indicate that adults between 18 and 64 years of age should accumulate a minimum of 150 minutes of moderate to vigorous aerobic activity a week (Canadian Society for Exercise Physiology, 2011). Thus, you can achieve a healthy heart by doing physical activity five times a week for 30 minutes. Moderate to vigorous physical activities include biking, jogging, cross-country skiing and brisk walking, amongst others.

Therefore, Laurentian University's 6th Annual Fit for Heart Walk is the perfect event to get you on your way to a healthy heart. The walk will take place on Thursday March 10th, 2011 between 11:00am and 3:00pm. This event will enable students, staff and faculty members to get active and to give from the heart. The walk will take place at the Ben Avery Gym on the four lane

track. Participants will walk a distance of two kilometers (10 laps around the 200 meter track) to raise funds for the Heart and Stroke Foundation.

This year's goal is to raise \$2000 for research and to have a minimum of 100 participants. Anyone interested in participating is asked to RSVP by Monday March 7th 2011. Willing participants can register by contacting Lyne Rivet at LRivet@laurentian.ca, or by phone at 675-1151 ext. 1055. Prizes will be offered for those who raise pledges, and all participants will be entered in a draw. Those interested in raising pledges are invited to pick up an envelope at the Health Services office, Room G-23 at the Single Student Residence, or they can register online at www.heartandstroke.ca/fit.

Let's walk together towards a future of healthy hearts!

Sports recap

BY ANDY VEILLEUX

Laurentian runner Emma Tallman won a bronze medal in the 600-metre race at the Hal Brown Memorial Indoor track meet last weekend in Toronto. She ran a personal-best time of 1:35:43, which ranks her in the top 12 for the CIS national rankings.

Gracie Tetzlaff placed 20th, and Katie Maziarski placed 21st for Laurentian.

Laurentian will be competing at the OUA Championships this weekend.

Laurentian Voyageurs curling team lost in the bronze medal game to the Guelph Gryphons, after defeating the Waterloo Warriors en route to their loss against Laurier Golden Hawks in the semis. The Voyageurs dropped their final game 9-3 to Guelph.

The Lady Vees curling team finished fifth after losing to the Western Mustangs 7-6 in a tiebreaker Sunday.
ay_veilleux@laurentian.ca

Wolves out-duel Knights

BY JOHN LANGDON

The Sudbury Wolves faced the London Knights last Friday in an inter-conference matchup which featured a couple of seventh seeded clubs battling for necessary points.

Despite a late third period rally from London, the Wolves managed to earn a 5-4 win in front of 4,328 fans at Sudbury Community Arena.

Wolves forward Eric O'Dell led his team to victory by scoring a hat-trick, including the game-winning goal. The Ottawa native finished with 4 points and was a +1 in the win.

"I thought we all played pretty good," O'Dell said. "We came out good in the first period, second, and third. We forechecked hard but sometimes we had some sloppy defence and they were capitalizing on their chances as well."

Wolves Head coach Trent Cull talked about his forward's performance.

"He did a great job," the Wolves bench boss said. "He's one of those guys who's successful on the power play for us and can play in all situations. It was great to see him get rewarded. It's great for a guy to get an opportunity to get three [goals]."

Despite finishing the night with three goals, O'Dell had a number of chances to record more, including a golden opportunity when the Wolves forward was awarded a penalty shot after being held down on a breakaway. However, Knights goaltender Igor Bobkov came up with a big save as he closed the five-hole to turn aside O'Dell's effort.

"I didn't really know what to do on [the penalty shot]," O'Dell said while laughing. "I tried to go five-hole on him but it hit his pads."

The number one power play in the OHL continued to be successful as the Wolves capitalized on two opportunities with the man advantage.

"[Eric O'Dell] did a great job," the Wolves head coach Trent Cull said. "He's one of those guys who's successful on the power play for us and can play in all situations. It was great to see him get rewarded. It's great for a guy to get an opportunity to get three [goals]."

The Wolves lead 5-2 in the third period and were able to hold off the Knights attack, in large part, due to a solid performance from goaltender Alain Valiquette. The Wolves netminder faced 31 shots and turned aside 27 to record his 23rd win of the season.

Following their Friday night victory, the Wolves had a tough weekend on the road by suffering losses to Kitchener and Sarnia.

The Wolves will look to get revenge on Sarnia when they host the Sting on Friday, February 25 at Sudbury Community Arena. Game time is scheduled for 7:30pm.

lambda@laurentian.ca



Photos by Andy Veilleux

Wolves player Andre Comtois fights London Knights player Danny Elser in OHL action Friday night. It was one of three fights in the third period (top). Wolves goalkeeper Alain Valiquette chats with forward Michael Sgarbossa just before Sgarbossa pots his hat-trick goal (bottom).

